What is claimed is:

- 1. A toe pad for use in ballet comprising:
- a padding material formed in a cup shape, and
- a fabric material bonded to a surface of said padding material.
 - 2. A toe pad for use in ballet as in claim 1 wherein: said padding material is foam.
 - 3. A toe pad for use in ballet as in claim 1 wherein: said padding material is gel.
 - 4. A toe pad for use in ballet as in claim 1 wherein: said fabric material is seamless.
- 5. A toe pad for use in pointe shoes used in ballet comprising:
 - a gel material formed in a cup shape;
- a seamless fabric material bonded to one side surface of said gel material,

whereby the toe pad is reversible permitting a user to selectively wear the toe pad with said gel material or said seamless fabric material adjacent the user's toes.

6. A toe pad for use in pointe shoes used in ballet as in claim 5 wherein:

said gel material is a thermoplastic elastomer gelatinous composition.

7. A toe pad for use in pointe shoes used in ballet as in claim 5 wherein:

said seamless fabric material is selected from the group consisting of cotton, nylon, polyester, and spandex.

8. A toe pad adapted to fit over a dancer's toes and within a ballet shoe comprising:

a gel material formed in a cup shape having a first initially inner surface and a second initially outer surface, and

a seamless fabric material bonded to only the first initially inner surface,

whereby the toe pad is reversible permitting a user to selectively wear the toe pad with said gel material or said seamless fabric material adjacent the user's toes.

9. A toe pad adapted to fit over a dancer's toes and within a ballet shoe as in claim 8 wherein:

said gel material is a thermoplastic elastomer gelatinous composition.

10. A toe pad adapted to fit over a dancer's toes and within a ballet shoe as in claim 8 wherein:

said seamless fabric material is selected from the group consisting of cotton, nylon, polyester, and spandex.

11. A toe pad adapted to fit over a dancer's toes and within a ballet shoe as in claim 8 wherein:

said seamless fabric material comprises a synthetic material.

12. A method of making a reversible toe pad for use in a ballet shoe comprising the steps of:

placing a liquid padding material in a female mold;

placing a knitted seamless fabric material having a shape of a toe sock with a closed end and extended sides over a male mold;

bring the female mold and the male mold closer together so that the knitted seamless fabric material contacts the liquid padding material;

curing the liquid padding material with heat forming a gel padding material so that the knitted seamless fabric material bonds to the gel padding material;

separating the female mold and the male mold; and removing the gel padding material and bonded knitted seamless fabric material,

whereby a reversible toe pad is formed permitting a user to selectively wear the toe pad with the gel padding material or the knitted seamless fabric material adjacent the user's toes.

13. A method of making a toe pad for use in a ballet shoe as in claim 12 wherein:

the gel comprises a thermoplastic elastomer gelatinous composition.

14. A method of padding a ballet dancer's toes, which comprises the step of placing thereon a reversible toe pad comprising:

a stretchable seamless knitted fabric material having a closed end and extending sides adjacent an open end adapted to be placed over a ballet dancer's toes; and

a gel padding material adhered to one entire surface of said stretchable seamless knitted fabric material,

the reversible toe pad adapted to be turned inside out such that said gel padding material or said stretchable seamless knitted fabric is capable of being selectively placed adjacent the ballet dancer's toes.

15. A method of padding a ballet dancer's toes comprising the steps of:

placing a reversible toe pad having one side made of a stretchable seamless knitted fabric and another side made of a gel padding material on the ballet dancer's toes with the stretchable seamless knitted fabric placed inside contacting the ballet dancer's toes;

removing the reversible toe pad form the ballet dancer's toes;

turning the reversible toe pad inside out so that the seamless knitted fabric is placed outside; and

replacing the reversible toe pad on the ballet dancer's toes with the gel padding material placed inside contacting the dancer's toes,

whereby the ballet dancer is capable of selecting either the seamless knitted fabric or the gel padding material to contact the ballet dancer's toes.

16. A method of padding a ballet dancer's toes comprising the steps of:

providing the ballet dancer with a reversible toe pad having one side made of a stretchable seamless knitted fabric and another side made of a gel padding material;

instructing the ballet dancer to selectively place either the stretchable seamless knitted fabric or the gel padding material adjacent the ballet dancer's toes by turning the reversible toe pad inside out,

whereby the ballet dancer is capable of selecting either the seamless knitted fabric or the gel padding material to contact the ballet dancer's toes